



Biological Immunity Research Institute

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The Biological Immunity System®

The *Biological Immunity System*® consists of 12 Keys. Each Key has guidelines, that, when followed, can have an amazing positive impact upon your physical, mental, emotional and spiritual wellness. **NOTE:** There may be valid medical reasons why these guidelines should not be considered by you. *Please get your doctor's approval before implementing any of the Biological Immunity Keys.*

Biological Immunity System® Key #8

Interpreting the Energy Categories

Download the Energy Categories sheet to do the following:

1. Using a black pen, enter your **test results** at the top of the page.
2. Using a red pen, enter your **Balanced #'s** at the top of the page.
3. Using a black pen, enter your **Metabolism Efficiency** (E_M) as calculated by the software¹.
4. Using a black pen, enter your **Reserve Energy** (E_R) as calculated by the software.
5. Using a black pen, enter **Biological Age** (BA) as calculated by the software.
6. Using a black pen, enter the **Adverse Relationships** (AR) as calculated by the software.
7. **Balanced #'s:** These are the #'s that your actual test results should be if they are to be in balance with the rest of the test results. To the extent that your actual test # is higher or lower than its corresponding balanced # is an indication to a trained Biological Immunity System® Practitioner. The trained practitioner knows how to use this information to create a personalized nutritional program for you.
8. **Metabolism Efficiency (E_M):** This is a calculation of how well you are converting food into energy. Minimum acceptable is 55%. The lower your E_M , the

more likely it is that you will have a weight management problem, and/or a wellness issue.

9. **Reserve Energy (E_R):** This is a calculation of your immune resistance. Minimum acceptable is 50%. The lower your E_R , the harder it is to maintain proper weight and to maintain good health.

10. **Biological Age (BA):** This calculation helps you see the impact of your Metabolism Efficiency (E_M) and Reserve Energy (E_R) on your aging factor. You want to have a Biological Age (BA) younger than your chronological age. The only way to reduce your BA is to increase your E_M .

11. **Adverse Relationships (AR):** The AR represent balance, or communication channels. The brain needs proper feedback from the various glands and organs if it is to keep the body in proper synchronization and weight. The AR are symbolic of hormone balance. You want to keep the AR between 0-4. The higher the AR, the more difficult it is for the brain to keep the body balanced by proper hormone distribution. The higher the AR the deeper the imbalance has traveled in the body and the more difficult it may be to bring balance back to the body. A high AR can be an indicator of mental or emotional distress. Also, a low AR coupled with a low E_M may be an indicator of emotional suppression. The AR are expected to increase as the E_M decreases.

12. **Speed of Decline (SD):** The SD is a measurement of an aging factor. You want to keep this between 0-2.

13. An interesting formula is to determine the approximate time required to stabilize the body chemistry by multiplying the AR by the SD. The product is the approximate number of months it may take to stabilize the body chemistry.

Notice

The information and procedures contained in the Biological Immunity System® Keys are based upon the research and professional experiences of Biological Immunity personnel. NONE OF THE STATEMENTS CONTAINED HEREIN HAVE BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. NONE OF THE PRODUCTS OR PROCEDURES DESCRIBED HEREIN ARE INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE. ABSOLUTELY NO DISEASE OR MEDICAL CLAIMS ARE MADE FOR ANY OF THE PRODUCTS, SUGGESTIONS, OR PROCEDURES DESCRIBED HEREIN. They are not intended as a substitute for consulting with your physician or other health care provider. All matters pertaining to your physical and emotional health should be supervised by a qualified health care professional. Patent pending. All rights reserved.

ⁱ The software refers to software available from the Biological Immunity Research Institute (www.biri.org). This software is designed to greatly simplify working with urine/saliva. If you have a slow Internet connection, you may request a CD for installation. An Internet connection is required for continued use of the software.